

ENJOY THE SUMMER AND THE SUN WITH HEALTH

June 12, 2018

The summer finally comes! We love this season to enjoy walking on the beach, sunbathing, playing outdoors ... but you have to be very careful and protect yourself from the sun's rays.

The sun strengthens the bones, activates circulation and helps maintain correct bone health, which allows the endogenous synthesis of vitamin D or the proper functioning of key physiological processes. But excessive exposures cause numerous problems, especially to our skin: premature aging, wrinkles, dark spots such as freckles, loss of elasticity and rough, dry and scaly areas. Likewise, they can lead to cataracts or visual problems, the reactivation of viruses such as cold sores, changes in the immune system or tumor processes, such as skin cancer.

The Spanish Academy of Dermatology and Venereology (AEDV) shows some worrying figures: in Spain, 3,200 cases of skin cancer are diagnosed annually, a figure that increases by 10% each year. 80% of sun damage occurs before age 18, hence the importance of awareness and solar education. The positive figure is that this type of cancer is one of those that has better treatment, since, diagnosing it in time, it is cured in 95% of cases.

To avoid bad practices under the sun and on the occasion of the European Day of the Prevention of Skin Cancer, which takes place tomorrow June 13, we want to disprove the **5 most popular myths**:

1. **If it's cloudy, I'm not going to burn:** as I recalled in a recent campaign the Official College of Pharmacists of A Coruña (COFC), 90% of the radiation from the sun gets through the clouds. However, the feeling that the sun does not heat so much can lead to not taking precautions ... Therefore, cloudy days can end up becoming the most dangerous.
2. **It is good to start the summer with sessions in a UVA booth:** artificial light emits an intensity of ultraviolet radiation much greater than that emitted by solar. Therefore, what we understand as 'preparing' the skin for summer is wrong, since the radiation we receive in these cabins will be more concentrated and harmful than those that come from the sun. A study published in The Lancet Oncology concluded that the risk of cancer increased up to 75% if the rays had been taken by people under 30 years of age. With practices like this, it is not strange that skin cancer is increasing: the AEDV states that since the 70s there have been more cases than the sum of the other cancers combined.

3. **With a very high protection or 'total protection' I can relax all day:** the term 'full screen' does not exist. The cream should be applied 20 to 30 minutes before sun exposure and dermatologists recommend renewing it at least every two hours, as well as after bathing or sweating, even if it is water resistant, to maintain its effectiveness. In fact, the United States Environmental Protection Agency (EPA) states that up to 90% of skin changes that are attributed to aging are caused by the sun. If the creams are lighter or spray, it is advisable to renew them more frequently.



4. **If I have dark skin, I do not need a protective cream:** solar radiation will continue to damage the cells, even if there is no obvious burn, as will happen to people with lighter skin. In fact, although a greater amount of melanin increases sun protection and prevents burns, that does not prevent radiation. In fact, a study by the University of Cincinnati in 2006 said that people with darker skin can suffer more serious skin cancer, because it is detected in more advanced stages and occurs more aggressively.
5. **With oil, I will get dark in less time and with less risk:** it is rather the opposite. There are accelerators or enhancers of the tan with suggestive aromas and very fast effects, but not all of them contain the necessary protection factor (usually 15 or 30), which increases the risk of skin diseases. In addition, the skin is a type of cancer very associated with youth, since only 2% of young people are concerned about protecting themselves properly, according to the COFC. It is not surprising that the EPA claims that melanoma, the most serious form of skin cancer, is now one of the most common cancers in people between 15 and 29 years old.

The Ministry of Health and specialized organizations recommend following these **10 simple tips**, to avoid the adverse effects of UVA rays:

1. **Avoid prolonged exposures** or naps under the sun, as well as during the central hours of the day (from 12 to 17 hours).
2. **Dress light and not close** to be comfortable and at the same time reduce the direct exposure of the body to the sun: long pants, light colored cotton shirts ...
3. Take advantage of the protection of **wearing a hat or cap**.
4. **Use approved sunglasses** that filter at least 90% of ultraviolet radiation to protect the eyes.
5. **Apply sunscreen products:** they should have a high protection factor and indicated for age, type of skin and body area. These products do not offer total protection against the sun's rays, but a decrease in risk.
6. **The radiation penetrates up to one meter in clear water**, so we must be especially careful if we are inside the water or if we are wet.
7. **Take special care with children**, since they are very sensitive to these exposures, preventing children under 3 years of age from receiving these rays and using sun protection factors greater than 40.
8. **If medication is taken**, check that it does not increase the skin sensitivity to ultraviolet radiation.
9. **Sunburn increases by height**, increasing the effect of ultraviolet radiation by 4% for every 300 meters. Therefore, not only do you have to be careful not to go to the beach or the pool, but you have to be even more cautious if you go to the mountain.
10. **Take good foods for the skin, such as carrots or black garlic:** The studies' Physical stability, antioxidant properties and photo protective effects of a functionalized formulation containing black garlic extract 'and' A garlic extract protects from UVB (280- 320 nm) Radiation-induced suppression of contact hypersensitivity 'show that oral consumption of black garlic protects against the immunosuppression produced by UV radiation. This is possible thanks to the water-soluble sulphur compounds and antioxidants, such as polyphenols, which contains this superfood, which also have an anti-inflammatory and antioxidant effect.

What can black garlic do to protect your skin?

Nothing better than being able to protect our skin, while enjoying the sun, naturally.

After testing the beneficial effects of black garlic, we decided to create the first Concentrated Fluid Black Garlic Extract (EFCAN) on the market, ecological and based on which we have developed two product ranges: one for food supplements and another for [biocosmetics](#).



Within this second range, we have a day cream and a repair serum, both with anti-aging capacity and 100% organic and vegan. They have great antioxidant effect, protecting from the sun's rays and preventing the appearance of wrinkles, spots or sagging skin.

The cream improves the firmness and elasticity of the skin, by promoting the formation of collagen and elastin. The serum, meanwhile, is indicated to repair the skin after the sun, thanks to its easy

absorption.

Do not stay out of the sun this summer!